

MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 **2:30PM—WALKING CLUB** 5:30pm—Music Therapy Jam Session	2 9am—Phone Based Trauma Yoga **9AM—CAREGIVER TOPIC DISCUSSION** 12pm—Caregiver Support Group Call-in **2:30PM-VVC YOGA** 5pm—Phone Based Trauma Yoga **7PM—PROJECT HEALING	3 11am—Pickleball Club **1PM—PAIN 101/102** **3PM—VIRTUAL TAI CHI**	4 **10AM—BREAK FREE FROM TOBACCO** **12PM—MINDFULNESS FOR STRESS REDUCTION** **2:30PM—VVC YOGA** 7pm—Phone Based Yoga Nidra	5 1:30pm—Craft Kit Checkout
8 **2:30PM—WALKING CLUB** 5:30pm—Music Therapy Jam Session	9 9am—Phone Based Trauma Yoga 11:30am-1pm —Mobile Food Pantry **2:30PM—VVC YOGA** 5pm—Phone Based Trauma Yoga	10 **9AM—CAREGIVER TOPIC DISCUSSION** 11am—Pickleball Club **3PM—VIRTUAL TAI CHI**	11 **10AM—BREAK FREE FROM TOBACCO** **12PM—MINDFULNESS FOR STRESS REDUCTION** **2:00pm— VVC HEALTHY TEACHING KITCHEN **2:30PM—VVC YOGA** **4PM—THERAPEUTIC ART CLASS** 7pm—Phone Based Yoga Nidra	12 1:30pm—Craft Kit Checkout
15 **2:30PM—WALKING CLUB** 5:30pm—Music Therapy Jam Session **5:30— Women’s Equine Therapy**	16 9am—Phone Based Trauma Yoga 12pm—Caregiver Support Group Call-in **2:30PM—VVC YOGA** 5pm—Phone Based Trauma Yoga *7PM—PROJECT HEALING WATERS*	17 **9AM—CAREGIVER TOPIC DISCUSSION** 11am—Pickleball Club **1PM—PAIN 101/102** **1PM—INTRO TO WOODTURNING** **3PM—VIRTUAL TAI CHI**	18 **10AM—BREAK FREE FROM TOBACCO** *12PM—MINDFULNESS FOR STRESS REDUCTION ** **2:30PM—VVC YOGA** **4PM—WOMEN’S GROUP HEALTHY TEACHING KITCHEN** 7pm—Phone Based Yoga Nidra	19 1:30pm—Craft Kit Checkout
22 **2:30PM—WALKING CLUB** 5:30pm—Music Therapy Jam Session **5:30— Women’s Equine Therapy**	23 9am—Phone Based Trauma Yoga **2:30PM—VVC YOGA** 5pm—Phone Based Trauma Yoga	24 11am—Pickleball Club **1PM—PAIN 103/104** **3PM—VIRTUAL TAI CHI**	25 **10AM—BREAK FREE FROM TOBACCO** **12PM—MINDFULNESS FOR STRESS REDUCTION** **2:30PM—VVC YOGA** **6pm—Women Veterans Game/Social Night** 7pm—Phone Based Yoga Nidra	26 1:30pm—Craft Kit Checkout
29 **2:30PM—WALKING CLUB** 5:30pm—Music Therapy Jam Session **5:30— Women’s Equine Therapy**	30 9am—Phone Based Trauma Yoga **2:30PM—VVC YOGA** 5pm—Phone Based Trauma Yoga	31 11am—Pickleball Club **1PM—PAIN 103/104** **3PM—VIRTUAL TAI CHI**		

VA Outpatient Calendar March 2021

Contact Information

- Phone Based Yoga Nidra — 1-800-767-1750, access code 24953#
- Phone Based Trauma Yoga — 1-800-767-1750, access code 79868# (9am), 90044# (5pm)
- Caregiver's Topic Discussion: Call 515-776-1579 to enroll
- Caregiver Support Group Call-in — 1-872-701-0185, access code 770675970#
- Virtual Tai Chi — Josh Mulder x5984 or secure message to CI-Whole Health
- Pain 101/102 and /103/104 — Jamie Erixon x3985 or secure message to CI-Whole Health
- VVC Healthy Teaching Kitchen/Women's Group Healthy Teaching Kitchen — Alexa Grant x1843 or secure message to CI-Ask a Dietitian
- VVC Chair/Mat Yoga — Jerra Buster x5228 or secure message to CI-Recreation Therapy
- Mindfulness for Stress Reduction — Angela Dagnachew x1540, or send secure message to CI-Whole Health
- Break Free From Tobacco—Angela Dagnachew x1540 or secure message to CI-Tobacco Cessation
- Walking Club, meet in food court area Merle Hay mall — x4980 or secure message to CI-Recreation Therapy
- Music Therapy Jam Session, Vet Center — Secure message to CI-Recreation Therapy
- Craft Kit Checkout, Canteen area of VA — Secure message to CI-Recreation Therapy
- Project Healing Waters Virtual Fly Tying — Secure message to CI-Recreation Therapy
- Women Veterans Virtual Game/Social Night — Secure message to CI-Recreation Therapy
- Equine Therapy — 5 Week program that must commit to all 5 weeks. Contact Megan Trimble x24039 or secure message to CI-Recreation Therapy
- Pickleball Club (Smash Park West Des Moines) — Secure message to CI-Recreation Therapy
- Therapeutic Art Class — Secure message to CI-Recreation Therapy
- Intro to Wood Turning (West Des Moines) — Secure message to CI-Recreation Therapy
- Mobile Food Pantry — 11:30am—1pm at the Offsite Parking Lot, 2350 Euclid Des Moines, IA 50310. Please bring VA ID Card or DD-214
- Sketch to Learn— 4 week sketching class, starting in April! Secure message to CI-Recreation Therapy

Check out the list of free and approved apps
by the VA!!!!

<https://mobile.va.gov/appstore/>

Upcoming Events

Strength at Home: Are you struggling with anger and conflict in your relationships? The VA's Strength at Home Program is designed to help strengthen your relationships, resolve conflicts, and prevent the escalation of arguments with a partner or spouse. If you are interested in finding out more about the program please contact Brandi Austin, LISW Strength at Home Program Coordinator 515-699-5999 x24469.

Secure message to CI-Recreation Therapy for information on the following programs:

- **GIVE Golf Program:** Whether you've golfed before or not, join other veterans to learn the various aspects of the sport, taught by PGA instructors! These classes are held once a week for 5 weeks, starting May 1st, at Warrior Run Golf Course. Additional sessions will run all summer! Clubs will be provided if you do not own a set. Please message for more information or to sign up! Also visit: <https://giveforveterans.com>
- **Sketch to Learn:** New 4 week class is starting in April! Learn to see like an artist and learn the foundation of all artwork... sketching! We also discuss how to use sketching in our daily lives to help overcome challenges and obstacles we face. Tuesdays in April from 4-6pm. No art experience is necessary!
- **Women's Outpatient Equine Assisted Therapy:** 5 week program designed to assist Veterans in gaining life skills through interactions with a horse. Currently this is NOT a riding program. Program begins March 15th!
- **Horses Helping Heroes Equine Assisted Therapy** -- 5 week program April 2, 9, 16, 30, May 7 -- contact Megan Trimble x24039 or secure message to CI-Recreation Therapy! to sign up
- **National Veterans Golden Age Games:** Local team of veterans age 55+ will begin practicing for this multi-sport event, to be held in June 2021! Message for more information or to sign up to join our team!
- **National Veterans Creative Arts Festival:** Veterans can enter artwork, creative writing, dance, drama and musical pieces for the 2021 competition. **Entries are DUE JULY 1, 2021!!**
- **Art Display:** Veterans can apply to have an original art or creative writing piece on display at the East Entrance of the VA.